

# Manual for Peace

For Girls Aged 13+

Building Peace in Ourselves, Our Friendships, and Our Communities



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**WHAT IS PEACE?** Peace is not just the absence of fighting. Peace means feeling safe, respected, and valued—inside yourself and in your relationships with others. Peace can exist in your thoughts, your words, and your actions.

Peace does not mean:

- Never disagreeing
- Being silent when something is wrong
- Letting others hurt or control you

Peace does mean:

- Handling problems calmly
- Respecting differences
- Standing up for yourself and others without violence



### Activity:

**What Does Peace Mean to You? Write or draw:**

- When do you feel most peaceful?
- Who makes you feel safe and calm?
- What breaks your peace?



## WHY PEACE MATTERS FOR GIRLS

- Learning peace skills helps you:
- Protect your mental health
- Build strong friendships
- Become confident and respected
- Create positive change in your community

### Reflection Question

- What challenges do girls your age face?



## UNDERSTANDING YOURSELF

*Peace starts with self-awareness.*

**Knowing Your Feelings** - All feelings are valid—even anger or sadness. What matters is how you act on them.

### Emotional Check-In Exercise

- Each day ask yourself:
- What am I feeling?
- Why might I feel this way?
- What do I need right now?

# COMMUNICATION: SPEAKING AND LISTENING WITH RESPECT

*Good communication is the foundation of peace.*

## Peaceful Communication Skills

- Use “I” statements.

Example: “I feel left out when I’m not included in the conversation.”

- Avoid insults or shouting
- Listen without interrupting
- Ask questions instead of assuming



### *Practice Exercise*

Rewrite these sentences in a peaceful way:

- “You never listen to me!”

A large, empty rectangular box with a pink, wavy, scalloped border, intended for the student to write a peaceful rewrite of the sentence above.

- “You always interrupt others!”

A large, empty rectangular box with a pink, wavy, scalloped border, intended for the student to write a peaceful rewrite of the sentence above.

# MANAGING EMOTIONS AND ANGER

*Anger is normal. Violence is not.*

## Calming Techniques

- Box breathing (inhale 4 seconds, hold 4 seconds, exhale 4 seconds)
- Walking or getting fresh air to cool down
- Writing feelings in a journal
- Talking to someone you trust

### Activity: Your Calm Plan

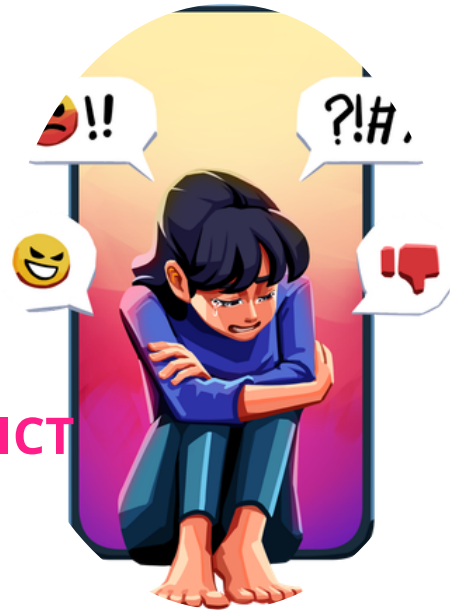
List 3 things you can do when you feel overwhelmed.



## CONFLICT AT SCHOOL

School conflicts can include:

- Bullying
- Friendship drama
- Group work disagreements
- Social media problems



## STEPS TO HELP HANDLE SCHOOL CONFLICT

1. Pause and breathe
2. Speak privately, not publicly
3. Use respectful words
4. Ask for help if needed (teacher, mentor)

### *Role-Play Activity*

Act out a disagreement and practice calm responses.





## CONFLICT AT HOME

Family conflict is common.



### Healthy Ways to Handle It

- Choose the right time to talk
- Explain feelings, not accusations
- Respect cultural and family values

## REFLECTION

What is one thing  
your family does  
differently from  
others—and why is  
that okay?



## CONFLICT IN PUBLIC AND ONLINE SPACES

*London is diverse and busy. You will meet many different people.*



### Online Peace

- Think before posting
- Don't join online bullying
- Block and report harmful behaviour

### Public Spaces

- Stay aware of your surroundings
- Walk away from unsafe situations
- Seek help if needed

## RESPECTING DIFFERENCES AND CULTURES

*London is home to people from every background.*

### Respect Means ;

- Listening without judging
- Learning about other cultures
- Not making assumptions

### Activity:

#### Culture Sharing

Share one tradition or celebration from your background





## INCLUSION AND BELONGING

Everyone deserves to feel included.

### Being Inclusive

- Invite others into groups
- Celebrate differences



## CHALLENGE

This week, include someone new in a conversation or activity. Write about how it went.



## FRIENDSHIP AND LOYALTY

### Good Friends

- **Respect boundaries**
- **Tell the truth kindly**
- **Support you in hard times**
- **Accept differences**

### Friendship Check

**Ask yourself:**  
**Do I feel safe being myself?**

**What virtues do you think a good friend should have?**

**Can we disagree respectfully?**

## LEADERSHIP AND RESPONSIBILITY

*Leadership is not about being the loudest—it's about being a good example, being fair and kind.*



### Every Girl Can Be a Leader

- In school
- At home
- Online
- In the community



### Leadership Qualities

- Empathy
- Courage
- Honesty
- Responsibility

## BECOMING A PEACE LEADER

### A peace leader:

- Solves problems calmly
- Protects others from harm
- Encourages dialogue
- Sets a positive example



### Peace Leader Exercise

Write about a girl or woman you admire. Why is she a leader?



## TAKING ACTION IN YOUR COMMUNITY

You can create peace by:

- Spreading kindness
- Helping to organise cultural events
- Helping younger students

### ACTION PLAN

- What issue matters to you?
- What small action can you take?
- Who can help you?



# REFLECTION, ACTIVITIES, AND YOUR PEACE PROMISE

## Final Reflection Questions

- What have you learned?
- What skills will you use most?

How will you spread peace?



## My Peace Promise

Write your own promise to yourself and your community

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## FINAL MESSAGE

Peace starts with you.  
Your voice matters.  
Your kindness is  
powerful.  
You can lead with  
courage, respect, and  
love.





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